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Publications



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TIPPING THE SCALES IN YOUR FAVOR

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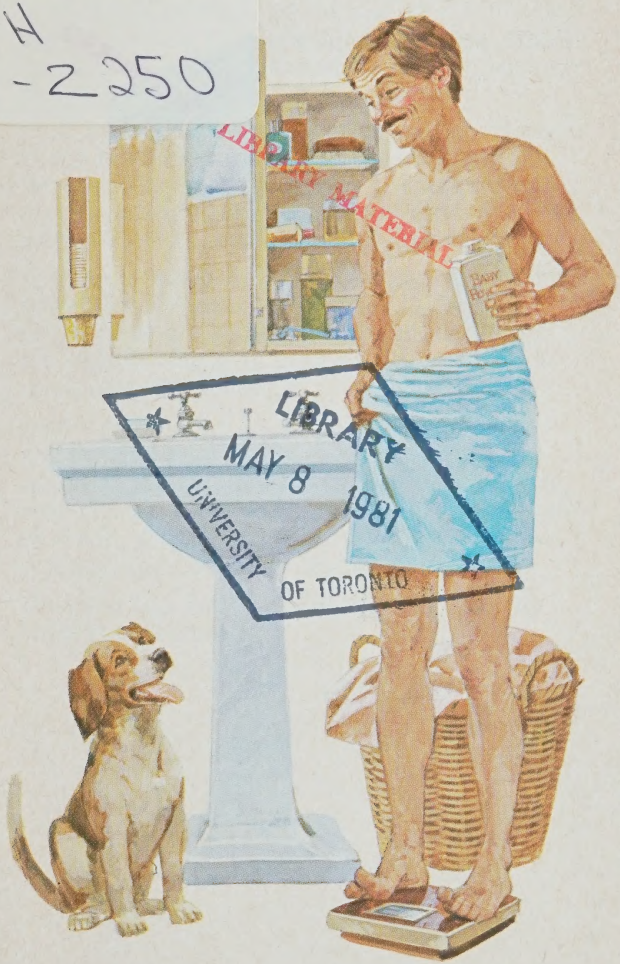


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The in's and out's of slimming down

Canadians have an energy problem. Too many of us take more energy into our bodies than we put out.

The result? More than half our adult population needs to slim down.

That means we don't look as attractive as we want to. It means we don't feel as good as we'd like to. And it means we're not always able to perform to the peak of our abilities – at work or at play.

What's the solution?

It's *not* a new diet. A diet reduces your measurements quickly. But it does so at some expense to your overall health. And chances are it isn't something you could stick with for a long time. You'll revert to your old habits and the dial on the scales will slowly creep up, again.

Diets are a series of temporary, recurring measures. If you need to reduce and have tried a few of them, you know from your own experience that they're ineffective in the long run. Otherwise, you wouldn't have a continuing problem, would you?

The key to being slim is not dieting, but changing your lifestyle habits as they relate to food and physical activity. Changing them not drastically, but slightly. Changing them not for a few weeks or months, but forever.

Lower your energy intake (the amount you eat) and increase your energy output (your physical activity). Use up more energy than you consume until you reach the body mass (weight) you should be. Then, get the input and output in balance so you maintain yourself at that level.

Do it that way, and you'll find it easier to tip the scales in your favor.

Controlling what goes in

To loose 500 g* (1 lb.), you need to consume 3,500 Calories* (14 700 kJ) less than you use in activity, or conversely, use up 3,500 Calories (14 700 kJ) more than you eat.

That means you have to lower the *quantity* of foods you eat somewhat. It does not mean you should lower the *quality* of your food however; in fact, the opposite is true. You need wholesome, basic food from each of the four food groups: Milk and Milk Products, Meat and Alternates, Fruits and Vegetables, Breads and Cereals.

Whether or not you're trying to slim down, it is essential to your good health that you get the necessary number of servings from each of the four basic food groups each day.

The objective is to cut down on the intake of energy without sacrificing the nutrients.

You do this in three ways. (1) By taking slightly smaller portions of everything. (2) By selecting foods from the lower and medium energy range of each food group. (3) By avoiding low nutrient, high energy foods.

The following chart shows how to reduce your energy intake and still have lots to eat.

Food Group	Higher Energy Foods	Lower Energy Alternative	Kilojoules Saved
Milk and milk products	500 mL (2 cups) whole milk	500 mL (2 cups) two percent milk	240 kJ
Meat and alternates	120 g (4 oz.) fried chicken	120 g (4 oz.) roast chicken	340 kJ
Fruit and vegetables	250 mL (1 cup) sweetened fruit juice	250 mL (1 cup) unsweetened fruit juice	80 kJ
	20 pieces french fries	250 mL (1 cup) mashed potatoes	490 kJ
Bread and cereals	One sweet roll	One buttered muffin	640 kJ
	125 mL (½ cup) granola-type cereal	200 mL (¾ cup) corn-flakes	920 kJ
			<hr/> 2 710 kJ

By making changes such as shown on the chart, in your daily food choices, you can save 2 710 kJ (643 Calories). In a week, you've cut back 18,970 kJ (4,501 Calories) and realized a weight loss between 500 g – 1 kg. (1-2 lb.).

Think about how this loss can add up over the weeks and months!

By careful selection of other foods, using lower and medium energy choices regularly, the energy intake is reduced and losses can be even greater.

Don't try to rush it, however. You put on your extra mass gradually, over a period of many years. Don't try to lose it all in just a few weeks.

Try to lose just 500 g to 1 kg (1-2 lbs.) a week. You'll find you can do it easily, while maintaining healthy, nutritious food choices for the energy and repair your body needs.

***WEIGHT (MASS) CONTROL HAS GONE METRIC**

- Calorie is an expression for energy and is now being replaced with the metric term kilojoule (kJ). 1 Cal. = 4.2 kJ
- Kilograms is the metric way to express body mass (weight). 1 kg = 2.2 lb.
- For easier understanding, conversions in this pamphlet are approximate.

THE LOWER, MEDIUM AND HIGHER ENERGY FOODS IN EACH OF THE FOUR ESSENTIAL FOOD GROUPS

Milk and Milk Products

Choose two servings a day.
(three to four servings for teens).

Lower Energy Foods	Medium Energy Foods	Higher Energy Foods
skim milk	whole milk	chocolate milk
two percent milk	cheese	ice cream
buttermilk	cottage cheese	milk pudding
low fat cheese	plain yoghurt	milkshakes
		cream soups
		instant breakfast products
		flavored yoghurt

Tips: Milk and milk products are important for calcium, riboflavin and high quality protein. Low fat cheeses include Mozzarella and Edam and special skim milk cheeses. Try plain yoghurt, rather than flavored, then add unsweetened fruit to it.

Meat and Alternates

Choose two servings a day.

Lower Energy Foods	Medium Energy Foods	Higher Energy Foods
chicken	beef	meat pies
turkey	lamb	sausage meat
fish	veal	luncheon meats
seafood	pork	nuts
canned fish	ham	seeds
	eggs	peanut butter
	corned beef	chili
	liver	bacon
		baked beans

Tips: Meat and meat alternates provide essential protein, B vitamins and iron. Do not limit your selection to the lower energy column only. You must include some from the medium column to get your regular iron supply. But don't let lower and medium energy meat choices become high energy foods. Keep their energy content low by choosing lean cuts of meat, trimming off visible fat, and removing skin from poultry. Drain oil from canned fish. Use cooking methods that let fat drain out, such as baking, broiling or boiling. Avoid sauces and gravies as much as possible.

Bread and Cereals

Choose three to five servings a day.

Lower Energy Foods	Medium Energy Foods	Higher Energy Foods
whole grain breads	macaroni	pie
enriched breads	spaghetti	cake
whole grain cereals	egg noodles	sweet rolls
unsweetened cereals	pancakes	date squares
whole grain crackers	waffles	pastries
plain rolls	rice	granola-type cereals
	sweetened cereals	
	muffins	
	tea biscuits	
	oatmeal cookies	

Tips: Bread and cereals provide carbohydrates, B vitamins, fibre, and iron. They're important. Don't omit them when you're watching the scales. Emphasize whole grain products. Minimize the medium energy foods. And avoid the higher energy foods.

Fruit and Vegetables

Choose four to five servings a day.

Lower Energy Foods	Medium Energy Foods	Higher Energy Foods
asparagus	beets	lima beans
green beans	broccoli	corn
yellow beans	brussel sprouts	potatoes
bean sprouts	carrots	sweet potato
cabbage	peas	avocado
cauliflower	pumpkin	dried apricot
celery	spinach	dates
cucumber	tomatoes and	prunes and juice
green pepper	juice	raisins
lettuce	turnip	syrup-packed
mushrooms	winter squash	canned fruit
radish	apples and juice	
summer squash	bananas	
zucchini	berries	
	cantaloupe	
	grapefruit and	
	juice	
	oranges and juice	
	peaches	
	pears	
	pineapples and	
	juice	
	plums	
	watermelon	

Tips: Fruits and vegetables provide important vitamins and minerals. They all have fairly low energy content, so eat them often. Buy unsweetened fruit juices, water-packed or frozen fruit, fruit in its own juice, and fresh fruit. Drain syrup from canned fruit before eating. Eat vegetables with spices and lemon juice, rather than butter, sauces or sour cream. Serve potatoes baked or boiled rather than fried. Raw fruit and vegetables are good – and good for you.



Increasing your output

Exercise, by itself, is a painfully slow way to lose mass. For example, you'd have to walk or run 2 km to burn off the energy in two cookies, 6 km to burn off the energy equivalent of one hamburger, and 11 km to burn off the energy equivalent of half a large pizza.

In combination with improved eating habits, however, exercise is highly effective way to get trim and stay there.

For some, walking, jogging, running, toe-touching, chin-upping, push-upping, rope-jumping, knee-bending and other types of exercise are fun. If you enjoy them, they're a great way to get in shape.

For other people, such exercise is boring. So they should look for activities they enjoy.

What about sports? – tennis, badminton, squash, bowling, curling, skiing, golf, swimming, bicycling, ice skating, roller skating, tobogganing. If you are not into sports, and know you'll never get involved in a sports program, enjoy a good brisk walk at least once a day.

Try to increase the amount of physical work you do around your home or garden. Build the recreation room you've always wanted. Put in some flower beds. Remodel the kitchen or bathroom. This can not only provide good, healthful exercise, but prove profitable, too.

Increase your recreational activities. Dancing, for example, provides lots of exercise. Just as much energy can be spent on the dance floor as on a jogging track.

The important thing to remember about physical activity is you need to be active every day. Physical activity, like good nutrition, needs to be a daily commitment throughout life – not just a passing fad.

Becoming more physically active does more than burn up kilojoules. The rewards of increased physical activity are many.

Not only will you look better, you'll feel better, too. Muscles will increase in strength and tone so that your body looks smoother and tighter, and you have more stamina. Your heart and lungs perform more efficiently. And you have an increased ability to handle stress.

Good reasons, all of them, to combine increased physical activity with improved eating habits.

Getting in control of the situation

Staying slim involves self-control. But it also involves “situation control”.

A number of outside situations influence what, when, where and how you eat.

Many advertisements and commercials, for example, promote rich, fattening foods, rather than nutritious foods. Many social situations involve food and drink. And others (most particularly, your family) influence what foods you buy, prepare and eat.

The question, then, is: Do you control such situations or do they control you?

Here's a little quiz to help you determine how good you are at "situation control".

Yes No
(check one)

- () () 1. Do you separate eating from other regular activities such as watching television, reading, going to a sports event or movie?
When eating and other activities are regularly paired, the activity becomes a cue to eat – whether you're hungry or not. Also, you may become so pre-occupied with the other activity that you lose track of how much you're eating. Eating should be done singularly, an event to be enjoyed for itself alone.
- () () 2. Do you limit eating to one room in your home only?
If you do, chances are you're less likely to overeat. Best of all, limit yourself to one particular spot in one particular room.
- () () 3. Do you make sure you don't keep tempting "empty extras" at home?
Cutting back on poor foods is easier when they're not around to tempt you. Shop with a list. Take only enough money for essentials. And shop on a full stomach.
- () () 4. Do you have low kilojoule nutritious snacks readily accessible at all times?
Have your fridge well-stocked with these low kilojoule snacks. You're more likely to choose them if they're handy.
- () () 5. Do you stop eating when you've had enough?
People conditioned in childhood to "finish everything on your plate" have been done a disservice. Take small portions and stop eating when you're satisfied. In a restaurant, ask for a doggy bag.
- () () 6. Do you eat from a smaller plate?
Smaller plates make smaller portions look larger. It's an illusion, but it works for many slim conscious people.

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- () () 7. Do you eat slowly and chew your food thoroughly?
If you slow the pace of your eating, you are likely to eat less. Chew each mouthful thoroughly, enjoying every moment of it. Don't put more food on your fork until you've completely finished swallowing. Put your knife and fork down for a few moments after every third bite.
- () () 8. Do you cut down on alcoholic drinks and "empty extra" types of snacks when entertaining or being entertained?
Place a limit on the number of drinks you'll have at a party and stick to it. Use pure fruit juice or soda water as a mix. Make every second drink a straight fruit juice. Prepare tasty, nutritious, low kilojoule snacks in place of salty, greasy, and sweet ones when you're entertaining.
- () () 9. Do you ask your friends and family to help you?
Friends and family can give you valuable moral support and encouragement. People who try to coax you to eat or drink more than you want, are misguided in their hospitality.
- () () 10. Do you keep active and busy?
Busy people have less time to think about food and less time to raid the refrigerator. Get involved in things that engross you for hours at a time.

If you answered yes to eight or more of these questions, you have the situation well under control.

If you answered yes to between five and eight of the questions, you're going to have to struggle.

If you have answered yes to less than five of the questions, the situation has *you* under its control. It's important for you to develop a "situation control" strategy for yourself.

The in's and out's of slimming down

It's not as difficult as a lot of people make it.

Avoid fad diets. Instead, simply modify your food choices. And modify them for the rest of your life-time. Eat a variety of foods from four basic food groups – concentrating on the lower and medium energy choices more often.

Add an enjoyable physical activity or two to your regular daily routine. Spend less of your leisure time in sedentary ways. Be less the spectator and more the participant. Keep busy.

And take steps to gain control of whatever eating situations you face from day to day.

Do those few things, and do them consistently, and you'll be fit and trim for the rest of your life.

Avoid the “empty-extras” – the foods high in kilojoules and low in nutrients. Body-conscious people need to know which foods fall into this classification. These foods are mainly fats and sugars.

Fats include butter, margarine, oil, cream, gravy and salad dressings.

Sugars include jam, honey, jelly, syrup, table sugar – white and brown.

Other “empty extras” include potato chips, candies, chocolate bars, soft drinks, fruit-flavoured drinks, pies and cakes.

Alcoholic beverages are also high in kilojoules and of no nutritional value.

These foods do little harm if you use them occasionally and sparingly. But they contain 420-840 kilojoules (100-200 Calories) each per non-nutritious serving. So avoid them most of the time. And never “fill up” on them.

How to increase physical activity

With a little ingenuity you can increase the amount of physical activity in just about everything you do. Here are some ideas to consider.

Take the stairs instead of the elevator.

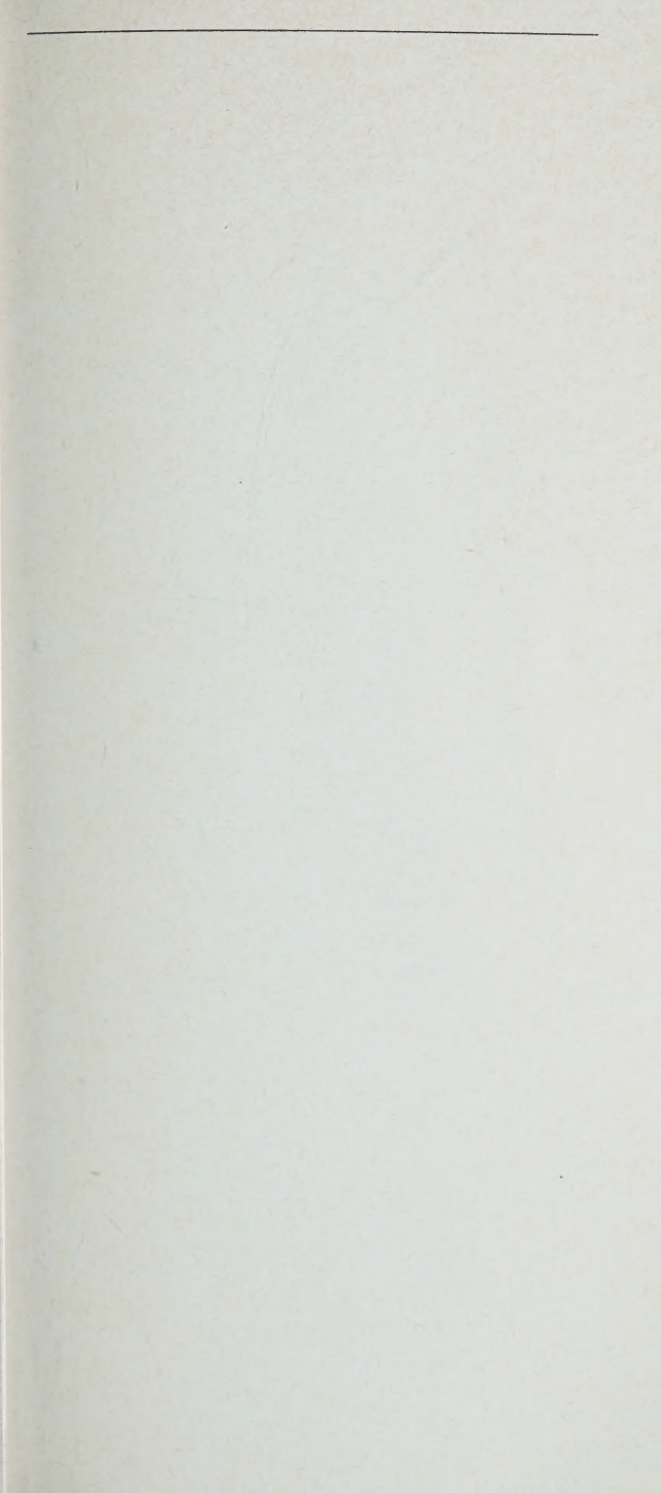
Get off the bus one stop before usual and walk the extra distance.

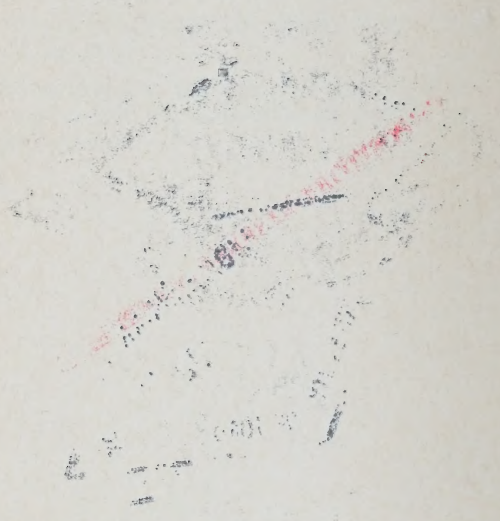
Park your car at the furthest corner of the parking lot.

Make two or three trips from the car with groceries instead of trying to struggle in with one.

Walk or cycle to places you'd usually drive – such as the corner store.

With a little creative thinking, you could find a dozen ways to add increased physical activity to your daily routine.





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